

Berkshire Health Group
2020 Wellness Program Menu



2020 Challenges

Choose One Challenge Per Quarter

Winter 2020

Plank and Wall-Sit Challenge

January– February

Challenge yourself and your co-workers during work to do something that will leave you feeling stronger in mind and body! The goal is to increase your time holding the position each day, leaving you feeling stronger and healthier by the end of the month.



The Gratitude Challenge

February -March

Perspective, hope, and gratitude help us see the big picture and appreciate what is good in our lives. Practicing gratitude regularly can lead to more of a positive outlook, increase happiness, improve our sense of well-being and give our immune system a boost! Take the "Attitude of Gratitude" Challenge and see what a difference it can make!

Spring 2020

Social Media Detox Challenge

March-April

Social media has become the go-to way to stay connected and informed in this constantly changing world. But, is it making you feel more connected or just more depressed? The Social Media Detox Challenge is a 30 day experiment consisting of easy to follow steps to take an intentional break from social media, notice the impact and make decisions to improve your mental health.



Walk with Me in the Berkshires

April-May

The goal of the program is to increase your step count each week. Walking is a great form of exercise and this challenge is a great way to either get started or keep up your walking regimen. For this challenge you will form teams ranging from 2 to 20 people and your team captain will register your team on the iBerkshires website (April Only).

Summer 2020

30 Day Full Body Weight Challenge

May-June

Regular exercise is an important part of getting in shape and living a healthy lifestyle. Your own body weight is all you really need to firm your entire body. Over the next 30 days, you'll work on strengthening and toning your chest, arms, legs, glutes, and abs with these challenging and highly effective total-body exercises. Complete this 30 day challenge and you'll reap major physical rewards. Plus,

these moves can be done anytime, anywhere...so no more excuses!



Hydration Challenge

July-August

Much like a car, your body is an amazing machine that needs fluids to operate efficiently. In fact, your body is more than 60% water, and even if you're not doing anything to work up a sweat your body gets depleted of water through its many processes. Put your hydration to the test and see what drinking more water can do for you. Aim for 48 oz. of water or more daily with this 4 week challenge. Drinks that count include plain water, herbal tea

Fall 2020

Fierce October Fitness Challenge

September-October

This challenge is designed to help employees stay active as the weather starts to get colder. This is a location based challenge which means campuses will compete for the Fiercest Campus Award and bragging rights. Participants need to log the total minutes exercised each day. The location with the most minute's logged based on percentage of participants will win the Fiercest Campus Award!



Mindful Eating Challenge

November-December

We tend to live on auto-pilot, always on-the-go, and can become desensitized to our food, meals, and our relationship to both. It's not your fault, we live in a culture that applauds being "on" and connected 24 hours a day, and because of that, our awareness to our bodies, how we truly feel, and our digestion suffers. This Mindful Eating Challenge will help you focus on reconnecting with your body and the food we are blessed to be putting into it.

BHG 2020 Wellness Initiatives Throughout the Year

*Check in with your Wellness Champion or email
Wellness Coordinator, Beth Piantoni, epiantoni@bhs1.org for more details*

Health and Wellness Fair

Join us for our annual Health and Wellness Fair held each year. This event is free and open to all employees and their spouses. Get your health questions answered by professionals! This is a great opportunity to gather valuable information from vendors and community resources that will benefit all employees and your spouses.

Onsite Fitness Classes

(Fall, Winter, and Spring)

Group fitness classes are offered onsite by trained instructors who tailor the workouts to meet varying interests and fitness levels. Modifications are demonstrated so that coordination and experience are not necessary. We hope to make the physical activity enjoyable and accessible to as many employees and spouses as possible

Flu Clinics

The best way to prevent the flu is by getting a flu vaccination each year. To help fight the flu and avoid its consequences, Berkshire Health Group offers onsite flu clinic program with services delivered by BCBS Maxim Health Systems. Licensed professionals will come to the worksite and administer flu shots at your convenience.

Colonoscopy Program

Berkshire Health Group members age 50 and over (or recommended by a physician) who have a colonoscopy in 2019 will receive a **\$50 gift card!** Your participation in the incentive program is completely confidential. Your employer will not be notified if you do or do not participate.

Biometric Screenings

When it comes to your health, what you don't know could hurt you. That's why Biometric Screenings are so important. They provide valuable metrics to help you know where your health stands today, and what metrics you can improve in the future.

Biometric Screenings are quick and provide you with all the information you need to begin making healthier choices, including: Total cholesterol, HDL cholesterol, Blood glucose, Blood pressure, Height, Weight, Body Mass Index, Waist circumference. Once you complete your biometric screening you will receive a **\$25 gift card.**

One-On-One Wellness Coaching

Get started on a healthier path for 2020! Work with a certified Wellness Coach to help you set personal goals and make positive changes in your life. You will meet with your coach 4 times within 3 months. Appointment dates and times will be scheduled between you and your coach during business hours. This is the best option for employees needing flexibility.

First Round of Coaching participants are awarded up to **\$250**. For participants that repeat a second round of coaching, will be awarded **\$150** and, and third round of coaching **\$50**. All participants need to complete a biometric screening first.

Berkshire Health Group Wellness Program's Diabetes Care program

is designed to reward you for managing your diabetes. If you are Diabetic, Pre-Diabetic or concerned about your blood sugar or increased A-1c levels, you are invited to participate in the program and below are the reasons why:

Managing your diabetes helps to improve your health

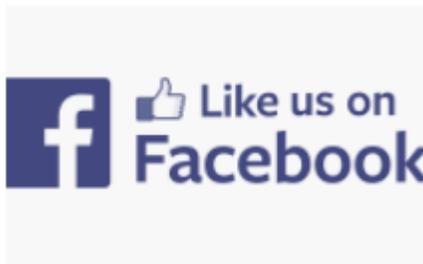
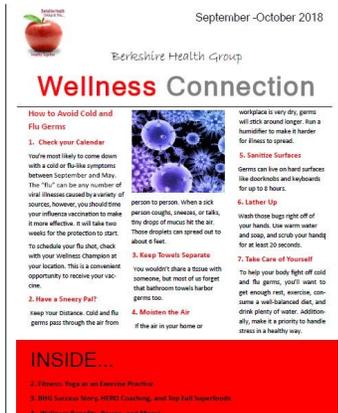
Managing your diabetes helps to reduce your risk for heart disease and stroke

Completing the program steps allows you to receive a gift card for **\$180 (every 6 months)** to help off-set the cost for your prescription co-pays. That's \$360 each year for taking good care of you. The program runs yearly, and you can join at any time.

By purchasing your diabetes medications and supplies through Express Scripts mail order program through BCBS you will be eligible for a 3 month prescription at 1-month co-payment per script.

Stay connected

Berkshire Health Group Wellness Connection is an informative, fun, and engaging Wellness Newsletter. The articles are designed to tie in with national health observances. This Wellness Newsletter is written to inspire, motivate, and produce behavior change for Berkshire Health Members.



*Stay connected and like
Berkshire Health Group Wellness
on [Facebook](#)*



NEW! Our goal at BHG is to help you feel healthy inside and out. Beginning the month of January 2020, we'll be sharing weekly tips on everything from food to fitness, mindfulness, health and wellness. Don't miss a thing: be sure to follow us on [Facebook](#) to find the latest tips!